

REFORM
PHYSIOTHERAPY



The team at Reform Physiotherapy are here to support you in every step of your recovery to help you realise your goals.

We take pride in our patient centred approach; we listen, diagnose, educate in order to execute the plan for your long-term recovery.



We offer services in:

Physical Therapy
Clinical Pilates
Sports Massage
Dynamic Reformer Pilates
Vestibular and Concussion Rehab

PHYSIOTHERAPY

We take a holistic approach to well-being; treating the body as a whole.

We combine manual therapy techniques alongside evidenced rehab-focused exercise programmes, to give the most effective long-term outcome.

Physiotherapy Assessment: £84

This is a 40 minute consultation and treatment to assess your symptoms (pain in joints or muscles) and time to create a plan with you to remedy them with expert advice, guided movement and treatment.

Follow Up Appointment (30 mins) £56

Follow Up Appointment (45 mins) £84

Follow Up Appointment (60 mins) £99



ELEVATE PACK

Maximise your potential and take your injury recovery to the next level with our Gym rehab sessions led by an Expert Physiotherapist.

These sessions will enhance your progress by implementing more advanced resistance training and plyometric exercises.

You'll receive a bespoke training plan designed specifically around your injury/ condition and regular 1:1 sessions, coaching you in the execution of the desired drills and exercises to get the maximum benefit for fitness and recovery.

Elevate PAYG session 45mins £84

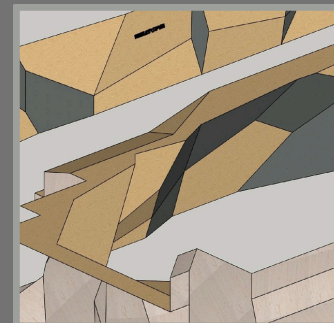
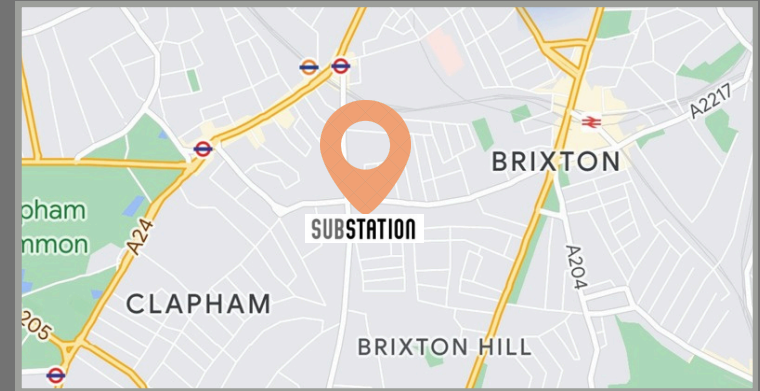
Elevate Pack of 3x 45mins £186

Elevate Pack of 8x 45mins £469



The sessions will take place in the gym space at Substation Brixton, and be led by our Senior Physiotherapist Libby Woolgar

Please note you must have had a Physiotherapy Assessment to be applicable for these sessions





SUBSTATION PHYSIOTHERAPY

Physiotherapy Assessment: £84

This is a 40 minute consultation and treatment to assess your symptoms (pain in joints or muscles) and time to create a plan with you to remedy them with expert advice, guided movement and treatment.

Follow Up Appointment (30 mins) £56

Follow Up Appointment (45 mins) £84

Follow Up Appointment (60 mins) £99

Sports Massage

Either a 30 or 45 Minute session with our expert therapists, tailored to focusing on one area of the body. Not suitable for a full body massage. All have 6 month expiry.

30 mins Sports Massage:

PAYG	£50
5 pack	£225

45 mins Sports Massage:

PAYG	£65
3 pack	£160
5 pack	£293
10 pack	£585

WOMENS HEALTH PHYSIOTHERAPY

Our Womens/Pelvic Health experts have specialist experience in the diagnosis and therapeutic treatment of the disorders affecting the pelvis and pelvic floor.

For women of all ages and stages of life.

Mummy MOT / Post Natal Assessment £132

A 75mins thorough assessment of your posture, abdominals and pelvic floor as well as a functional assessment to address any musculoskeletal concerns you may have to ensure you can get back to exercising confidently and safely.

Women's Health Assessment £104

A 60 mins initial that will also include a Womens Health Check-up of your pelvic floor.

Women's Health Assessment
- MSK approach £84

(40mins) Your Women's Health Assessment is for you to explain your concerns, any prior investigations/treatment you have had and what your goals are. Within this session you will be physically assessed from a Musculoskeletal point of view. Together you will then formulate goals and a plan to reach them. Ideal, for patients with low back pain or hip pain that do not need a pelvic floor assessment, but wish to be seen by a Pelvic Health Specialist.

Women's Health Follow Ups:

Follow Up Appointment (30 mins) £60

Follow Up Appointment (45 mins) £84

Follow Up Appointment (60 mins) £99





SPORTS MASSAGE THERAPY

30 mins Sports Massage

Either a 30 or 45 Minute session with our expert therapists, tailored to focusing on one area of the body. Not suitable for a full body massage. All have 6 month expiry.

PAYG	£55
5 pack	£225

45 mins Sports Massage

All have 6 month expiry.

PAYG	£67
3 pack	£160
5 pack	£293
10 pack	£585

60 mins Sports Massage

Our most popular option. Ideal for a full deep tissue sports massage or a focused treatment on two body areas. All have a 6 month expiry.

PAYG	£80
5 pack	£329
10 pack	£648

90 mins Sports Massage

Have a complex issue that will take more time? Or just want to treat yourself. Book yourself a 90-minute Sports Massage. All have a 6 month expiry.

PAYG	£110
5 pack	£387

HOLISTIC MASSAGE THERAPY

30 mins Bespoke Massage

Flexible massage options for a highly personalised massage experience, carried out with our expert practitioners.

PAYG	£55
5 pack	£225

45 mins Bespoke Massage

All have 6 month expiry.

PAYG	£67
5 pack	£293

60 mins Bespoke Massage

Popular option to get a tailored experience

PAYG	£80
5 pack	£329

90 mins Bespoke Massage

6 month expiry

PAYG	£110
5 pack	£387

Reflexology Massage

Gentle pressure on specific points to help you feel better and ease stress.

30 mins PAYG	£60
3 pack	£150

60 mins PAYG	£110
60 mins 3 pack	£275





PRENATAL MASSAGE THERAPY

Prenatal massages suitable for expectant parents, in sessions of 30, 45, and 60 minutes.

A prenatal massage has the modifications required to ensure safety and comfort for mother and baby, performed by a certified prenatal massage therapist.

All purchases have a 6 month expiry.

PAYG	
30 mins	£60
45 mins	£70

PAYG	
60 mins	£80
5 pack	£350

CLINICAL PILATES

Clinical Pilates Assessment £84
6 month expiry

A 40minute bio-mechanical assessment and intro to Pilates. Your Physiotherapist will provide you with a bespoke home exercise programme.

Clinical Pilates Re-Assessment £60
6 month expiry

A 30 minute Pilates Re-Assessment is required to monitor progress, check goals and make new action plans as well as updating your home exercise program

Clinical Pilates 1:1

Undoubtedly the best dose to achieve rehabilitation goals or deal with longstanding conditions or chronic pain using full Pilates apparatus (45 Minutes)

PAYG £84
6 month expiry

5 Pack £378
6 month expiry

10 Pack £714
6 month expiry





CLINICAL PILATES GROUP

DUO Clinical Pilates

Couples or friends sharing a session to achieve their individual goals together! (45 Minutes) Please note that if one of you cannot attend you will be charged for 1:1 session.

PAYG	£50
6 month expiry	
5 Pack	£235
6 month expiry	
10 Pack	£450
6 month expiry	

Clinical Pilates / Physio: Pilates Class

Sessions facilitated by a clinical therapist combining bespoke exercises, tailored to the individual in a class format.

PAYG	£38
6 months expiry	
10 PACK	£350
Also includes a Virtual Re-Assessment - 6 month expiry	

DYNAMIC PILATES INTRO OFFERS

First 4 for £64!
30 day expiry

£64

Four Dynamic Pilates Classes for only £64, to use over 30 days.
(Only valid for new clients)

New Starter Pack
3 month expiry

£209.98

1 x 1:1 Dynamic Pilates

5 x Dynamic Pilates Classes

AND

1x 45 minute Massage

GIFT CARDS

Gift Cards are available for all our services; Physiotherapy, Massage and Pilates as well as all packs or financial amounts.

The perfect gift for a loved one!





DYNAMIC PILATES

Dynamic Pilates Assessment £84
6 month expiry

A 40minute postural assessment and intro to Pilates. Your Pilates Instructor will ensure you have a tailored personalised session.

Dynamic Pilates Re-Assessment £60
6 month expiry

A 30 minute Pilates Re-Assessment is to allow you protected time to check in with your instructor on any specific goals you may have.

Dynamic Pilates 1:1

Undoubtedly the best dose to achieve Pilates goals or help with longstanding conditions or chronic pain using full Pilates apparatus (45 Minutes)

PAYG £84
6 month expiry

5 Pack £378
6 month expiry

10 Pack £714
6 month expiry

DYNAMIC PILATES GROUP

Dynamic Reformer Pilates Classes

Focused attention from Certified Pilates Instructors either
Beginners / Intermediate / All Levels (45 Minutes)

PAYG £29
6 month expiry

10 Pack £257
6 month expiry

THE REFORM PACK

The Reform Package £330
3 month expiry

The perfect pack to aid your transition from Physio-led sessions
to fitness classes. All of the below in one super pack!

6 x Dynamic Pilates

4 x Physio:Pilates

1 x 30mins 1:1 Pilates Re-assessment

OR 1 x 30 minutes massage (whichever you
prefer)



USEFUL INFORMATION

Payment Policy:

Payment is taken at the point of reservation. Full payment is required to hold reservations in the diary. If payment is not received within 24 hours of a reservation, the booking will be released. Any outstanding payments or insurance excess will incur interest at 8% per annum.

Cancellation policy:

We have a 24hour cancellation policy. If you need to reschedule or cancel your appointment we need 24 hours notice or there is a full charge.

Sales policy:

For single purchases that are unbooked, unexpired or have been cancelled with more than 24 hours notice are eligible for a full refund. However, please note: All pack/block sales are final. All purchases are non-refundable. You may only attend a reservation made under your own name. You cannot send another person in your place.

Expiration Dates:

All services that are purchased are subject to an expiration date. This is printed on your receipt and can be found on your MBO account in your account information.

Staff/Practitioner Policy:

Reform Physiotherapy and Pilates Limited reserve the right to change the staff member / timetable subject to staff availability.

Block/Pack purchase Policy:

Block purchases are subject to their expiry date from the date of purchase*

*Blocks may be extended twice ONLY for a small fee:

- 1 week for £15
- 1 month for £40

Wait-List Policy:

When reserving a space on the waitlist you are confirming your attendance to class if a space becomes available. Please remember our 24hr Late Cancellation policy still applies.

Clients are required to have active prepaid credit for the proposed class when being added to the waiting list.

Clients may only reserve a space on ONE wait-list per day.

The wait-list lock window is 4 hours before the class time. If your session becomes available after this time, we will call you to confirm your attendance. In this instance you can decline the class without incurring a late cancellation fee.

Pregnancy:

If you are pregnant you must inform your practitioner before your session. You may need to fill in an additional consent form or be directed to a different service. Clients can usually participate in 1:1 Pilates sessions (with practitioners with prenatal qualifications) until the day before delivery (unless otherwise advised by your medical practitioner). Clients can participate in Dynamic Reformer classes until their 15th week of pregnancy, with a completed pregnancy waiver form, after which a 1:1 Pilates session is recommended in order to assess and advise appropriate exercise modifications. Postnatally, it is recommended to wait 6-8 weeks before resuming your pilates classes after your GP postnatal Check up. A 1:1 is recommended before returning to group class.

Studio Space Guidelines:

Our studio is a shared space, designed to have either 1 class or 2 practitioners working with their client at the same time. If you wish to hire the studio exclusively, this is available for an additional fee. Or if you would prefer your session to take place in the privacy of the treatment room, please check with the admin team for pricing and availability.

USEFUL INFORMATION CONTINUED

Sticky Socks:

Socks with grips on the sole must be worn in the studio spaces for health and safety reasons; they are available to purchase in reception.

Last entry to a class:

Please note as a duty of care for all clients, late entry to a class may not be permitted beyond 10 minutes from the allocated start time, This is to ensure your safety and minimise disruption to other attendees.

Chaperone Policy:

All patients are entitled to have a chaperone present for any consultation, examination or procedure where they consider one is required. The chaperone may be a family member or friend but on occasions a formal chaperone (a trained member of staff) may be preferred. Please speak to the admin team should you wish to arrange one.

Baby Policy:

For sessions that take place in the Treatment room, a patient/client can bring their child/baby/Chaperone into the treatment room as needed to accompany them. (we cannot guarantee buggy space) For sessions that take place in the Studio, which is a shared space, we cannot accommodate anyone other than the patient/client. This is to protect the space for all users.

We can only accommodate a baby/additional persons in the Studio if the patient/client has booked the whole studio space for a Private session for an additional cost of £28.00.

- This is the only space outside of the treatment room when a client can bring their child/baby so it does not disturb other sessions. (we cannot guarantee buggy space).

We are a registered provider with the following Insurance Companies:



In order to book a session using these insurance companies you must provide your Membership number and Authorisation code at the point of booking in order to secure your reservation.

We may still be able to treat you if you are registered with another provider; we suggest contacting your insurance company and confirming that they are happy to reimburse you directly for your treatment with a itemised receipt.

We cannot accept responsibility for your insurance company not reimbursing you for treatment.

Booking Online via MindBody App:

To take advantage of all the Reform has to offer, we suggest downloading the MindBody App. The use of this app unlocks the ability to sign up for classes, massages, or physiotherapy sessions from your own screen!

Another great advantage of MindBody is the ability to pay for your sessions in advance- right from the app!

Or book online here:

